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WAR FOOD ADMINISTRATION
OFFICE OF DISTRIBUTION
MIDWEST REGION
5 South Wabash Avenue
Chicago 3, Illinois

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Quantity Methods for Serving Eggs

Help Your Patrons to Health and U.S. Farmers to Keep Producing Eggs and Poultry

Poultry raisers have done an outstanding wartime job in keeping us supplied with eggs and poultry in spite of labor shortage and high feed prices. UNLESS YOU HELP NOW, by increasing consumption of eggs, we may face an acute shortage of both poultry and eggs next year.

Use More Eggs Now in Menu Planning -- Why?

1. No points are required.
2. An egg a day is important for good health.
 - (1) Eggs supply calcium needed for strong bones and good teeth.
 - (2) Eggs supply iron for building good red blood.
 - (3) Eggs supply protein for building muscle.
 - (4) Eggs supply vitamins for protection from disease.

Choose Your Way to Use Eggs!

Main Dishes:

Chopped Egg Sandwich Filling
Baked, Fried, or Poached Eggs
Soft cooked or Scrambled Eggs
Egg Omelets with Variations
Chinese Rice Omelet
Creamed Eggs on Toast or Rice
Creamed Eggs with Vegetables
Cheese Souffle
Scalloped Eggs and Macaroni
Corn a la Southern

Salads and Dressings:

Thousand Island Dressing-Boiled
Bean Salad with Egg
Chopped raw Carrots, Peas & Egg
Cole Slaw with Egg - Egg & Tomato
Potato Salad (Hot & Cold)
Deviled Egg - Sliced Egg
Hard cooked Egg & Salad Greens
Cheese Egg Celery & Macaroni
Pickled Egg & Beet Salad
Salmon Salad

Desserts:

Fruit Whip
Prune Rice Custard
Bread Pudding and Variations
Baked Custard
Soft Custards for whips or puddings

Egg Cookery

Eggs should be cooked at temperatures below boiling to keep protein from becoming tough and less tasty.

Quantity Methods of Serving Eggs

CREAMED EGGS

Ingredients	Amount	
	100 Portions	: 500 Portions
Butter, margarine, or chicken fat	1 pound 8 ounces	7 pounds 8 ounces
Flour	1 pound 8 ounces	7 pounds 8 ounces
Milk	12 quarts	15 gallons
Green pepper, chopped	1 pound	5 pounds
Pimiento, chopped	1 pound	5 pounds
Salt	3 ounces	15 ounces
Paprika	1 ounce	5 ounces
Celery Salt	1/2 ounce	2-1/2 ounces
Eggs, hard cooked	7 dozen	35 dozen

Size of portion - 6 ounces

1. Make a sauce of the fat, flour, milk and seasonings. Add the finely chopped green pepper and pimiento.
2. Cut hard cooked eggs in quarters lengthwise, add to the sauce and heat thoroughly.
3. Serve the creamed eggs on split toasted buns, or slices of toasted bread.

SOYA - EGG ROLL

Ingredients	12 serv.	25 serv.	50 serv.
Egg, beaten	6	12	24
Water	6 tbsp.	3/4 cup	1-1/2 cups
Soya flour	2/3 cup	1-1/3 cups	2-2/3 cups
Water			
Bread crumbs	1-1/2 cups	3 cups	1-1/2 quarts
Vegetables	1-1/2 cups	3 cups	1-1/2 quarts
(Peas, diced snap beans or carrots, spinach or kale cooked and drained)			
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Pepper to taste			

1. Add the 6 tablespoons water for 12 servings, 3/4 cup for 25, and 1-1/2 cups for 50 to the beaten eggs and beat until light and thick.
2. Mix the soya flour with the 2/3 cup water for 12 servings, 1-1/3 cups water for 25, and 2-2/3 cups for 50.
3. Combine bread crumbs, soya-water mixture, vegetable, salt and pepper, and fold gently into the beaten egg.
4. Pour into a little fat in a hot frying pan and cook slowly until lightly browned.
5. Roll before serving if desired.

SCRAMBLED EGGS

Ingredients	Amount	
	100 portions	: 500 portions
*Eggs	100	: 500
Milk	2 quarts	: 10 quarts
Salt	2 ounces	: 10 ounces
Pepper, white	2 teaspoons	: 3 tablespoons
Butter, margarine, or bacon fat	8 ounces	: 2 pounds 8 ounces

*Chopped cooked ham, bacon or shredded dried beef may be added to the scrambled eggs just as they begin to thicken, in the proportion of 4 pounds of the chopped meat to each 100 portions.

1. Beat the eggs just enough to blend the whites and yolks; add the seasonings and the milk.
2. Melt the fat in a skillet, add the egg mixture, and cook over low heat until the eggs begin to coagulate on the bottom and sides of the pan. Stir and lift the eggs from the bottom and sides of the skillet allowing the liquid to flow to the bottom of the pan; continue until the eggs are firm yet tender.

CHEESE FONDUE

Ingredients	Amount	
	100 portions	500 portions
Cheese, ground	6 pounds	30 pounds
Dry mustard	1/2 ounce	2-1/2 ounces
Paprika	1/4 ounce	1-1/4 ounces
Salt	1-1/2 ounces	7 ounces
Fat, melted	8 ounces	2 pounds 8 ounces
Bread crumbs	3 pounds 8 ounces	17 pounds 8 ounces
Milk	7 quarts	8-1/2 gallons
Egg yolks	3 dozen	15 dozen
Egg whites	3 dozen	15 dozen

Size of portion - 4-1/2 ounces

1. Mix the seasonings together and add to the scalded milk; add the fat.
2. Pour the milk mixture over the bread crumbs.
3. Add the ground cheese.
4. Beat the egg yolks until thick and light and add to the bread mixture.
5. Fold in the stiffly beaten egg whites.
6. Fill oiled baking pans 2/3 full and bake in a moderate oven (325°F) from 1 to 1-1/4 hours or until well puffed and set.
7. Cut into squares and serve.

RICE OMELET

Ingredients	Amount	
	100 portions	500 portions
Rice, uncooked	4 pounds	20 pounds
Water	4 gallons	20 gallons
Salt	2 ounces	10 ounces
Ground cheese	4 pounds	20 pounds
White sauce --		
Fat	1 pound 8 ounces	7 pounds 8 ounces
Flour	1 pound	5 pounds
Milk	5 quarts	6 gallons
Paprika	1/2 ounce	2-1/2 ounces
Salt	1-1/2 ounces	7 ounces
Eggs	6 dozen	30 dozen

Size of portion - 5 ounces

1. Cook the rice in the boiling salted water until tender. Drain.
2. Make a white sauce of the fat, flour, milk and seasonings.
3. Add the ground cheese to the white sauce and combine with the rice.
4. Separate the eggs. Beat the yolks until thick and light and combine with the first mixture.
5. Beat the egg whites until stiff and fold into the rice.
6. Fill oiled baking pans 2/3 full. Bake in a moderate oven (325°F) for 1-1/4 hours or until puffed and golden brown on top. Cut in squares and serve.

CHEESE SOUFFLE

Ingredients	Amount	
	100 portions	500 portions
Butter or margarine	1 pound 8 ounces	7 pounds
Flour	1 pound	7 pounds
Salt	2 ounces	10 ounces
Milk	4 quarts	5 gallons
Cheddar cheese, ground	6 pounds	30 pounds
Eggs	5-1/2 dozen	27-1/2 dozen
Cayenne Pepper	1/4 teaspoon	1 teaspoon

Size of portion - 4 ounces

1. Melt the butter and add the flour to make a smooth paste. Add the seasonings, and the milk gradually. Cook, stirring constantly, until the sauce is smooth and thick.
2. Add the cheese to the hot sauce and stir until the cheese is melted.
3. Beat the egg yolks until thick and light and combine with the hot sauce.

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CHEESE SOUFFLE (Continued)

4. Fold the stiffly beaten egg whites into the sauce.
5. Fill oiled baking pans 2/3 full. Bake in a moderate oven (325°F) for 1 hour or until set and a golden brown on top.

*ESCALLOPED CORN AND HARD COOKED EGGS.

Ingredients	12 servings	25 servings	50 servings
Corn	1 #2-1/2 can	2 #2-1/2 cans	1 #10 can
Milk	1 pint	1 quart	2 quarts
Fat	1/2 cup	3/4 cups	1-1/2 cups
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Pepper	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Crumbs	1 pint	1 quart	2 quarts
Eggs	1 dozen	2 dozen	4 dozen
Flour	1/2 cup	1 cup	1-3/4 cups

Serving: 1 egg per child

1. Cook eggs hard (and slice) when cool.
2. Make white sauce of liquid from corn, milk, flour, salt and pepper.
3. Place alternate layers of corn, eggs and crumbs, and white sauce in greased baking pan.
4. Bake 45 minutes in greased baking pan in moderate oven (350°F).

*EGGS BAKED IN MASHED POTATOES

Ingredients	12 servings	25 servings	50 servings
Potatoes	4 pounds	8 pounds	16 pounds
Butter	1/4 cup	1/2 cup	1 cup
Milk	(Approx.) 1-1/2 cups	3-1/3 cups	6-2/3 cups
Salt	2 teaspoons	1 tablespoon	2-1/2 tablesp.
Eggs	12	25	50

Serving: 3/4 cup potato and 1 egg per child

1. Scrub potatoes. Boil in jackets until just tender. Do not over-cook.
2. Peel potatoes and mash. Beat until there are no lumps.
3. Add butter, salt and enough milk to moisten. Beat until light and fluffy.
4. Spread into buttered baking dish all the while being careful to keep potatoes fluffy.
5. Make "nests" or depressions in the potatoes with a spoon -- as many as there are servings to be made. Break an egg into each depression.
6. Bake 15 minutes at 350°F.

*SCALLOPED EGGS AND POTATOES

Ingredients	12 servings	25 servings	50 servings
Potatoes, cooked and diced	3 pounds	6 pounds	12 pounds
Eggs, hard cooked, sliced	12	24	48
White sauce, medium	1 quart	2 quarts	4 quarts
Bacon, cut in small pieces	4 slices	8 slices	16 slices
Salt, as needed			

Serving: 1/2 cup per child

1. Cook potatoes in skins.
2. Alternate layers of diced potatoes, sliced eggs and white sauce in a greased baking pan. Place bacon on top.
3. Place in oven 350°F, to 375°F, until bacon is sufficiently cooked to serve.

* Recipes from Nebraska State Nutrition Committee

*VEGETABLE AND EGG CASSEROLE

Ingredients	12 servings	25 servings	50 servings
Fat	6 tablespoons	1/2 cup and 2 tablespoons	1 cup
Flour	6 tablespoons	1/2 cup and 2 tablespoons	1 cup
Milk	3 cups	5 cups	2 quarts
Salt	2 teaspoons	1 tablespoon	2 tablespoons or more
Paprika	3/4 teaspoon	1-1/2 teaspoons	1 tablespoon
Raw carrot, chopped fine	1 quart (1 1/2#)	3 pounds	6 pounds
Corn, cooked	1 quart	2 quarts	4 quarts
Cheese, grated	1/4 cup	1/2 cup	1 cup
Onion, minced	1 cup	2 cups	4 cups
Green pepper, minced - or	2 peppers - or	4 peppers - or	8 peppers - or
Pepper relish	3 tablespoons	6 tablespoons	12 tablespoons
Eggs	6	12	24

Serving: 1-1/4 cups per child

1. Prepare white sauce of first five ingredients.
2. Blend sauce with vegetables.
3. Add eggs well beaten.
4. Turn into buttered casserole or baking pans.
5. Sprinkle with cheese or buttered crumbs.
6. Bake 45 minutes at 350°F.

*HOT POTATO SALAD

Ingredients	12 servings	25 servings	50 servings
Boiled potatoes	3 pounds	6 pounds	12 pounds
Crisp bacon	12 slices	24 slices	48 slices
Bacon fat	3/4 cup	1-1/2 cups	3 cups
Chopped onion	1/2 cup	1 cup	2 cups
Hard cooked eggs	6	1 dozen	2 dozen
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Celery seed	2 teaspoons	4 teaspoons	8 teaspoons

Serving: 1/2 cup per child

1. Cook onion in bacon fat until yellow but not brown.
2. Add other ingredients and keep hot for 5 minutes or until ready to serve.

*EGG SALAD SANDWICH FILLING

Ingredients	12 servings	25 servings	50 servings
Lettuce, shredded	3/4 cup	1-1/2 cups	3 cups
Eggs, hard cooked, chopped	1-1/2 cups (6 medium)	3 cups (12 medium)	6 cups (25 medium)
Salt	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Salad dressing, cooked	1/4 cups and 2 tablespoons	3/4 cups	1-1/2 cups

Serving: 1-1/2 tablespoons per sandwich

1. Wash the lettuce, crisp if necessary.
2. Wash the eggs and cover with boiling water. Keep just below the boiling point for 30 minutes. Cool in cold water.
3. Remove the shells from the eggs. Rub the eggs through a sieve.
4. Add the salt and salad dressing to the finely minced eggs. Blend well.
5. Shred the lettuce on a board, using a long bladed knife.

GREEN SALAD WITH HARD-COOKED EGGS

Ingredients	12 servings	25 servings	50 servings
Spirach, cress, or other greens, chopped or shredded	2 quarts	4 quarts	8 quarts
Eggs	6	13	25
Salad dressing	1 cup	2 cups	1 quart

1. Sort the greens well, removing all roots and tough leaves.
2. Wash the greens through several waters and drain thoroughly.
3. Cut or chop into pieces of desired size.
4. Chill, if possible.
5. Cook the eggs until hard.
6. Mix greens with the salad dressing.
7. Add slices of hard-cooked egg.

*CHOCOLATE PUDDING

Ingredients	12 servings	25 servings	50 servings
Milk	1-1/2 quarts	3 quarts	6 quarts
Eggs	4	8	16
Cornstarch	6 tablespoons	3/4 cup	1-1/2 cups
Sugar	1 cup	2 cups	4 cups
Salt	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Cocoa	1/4 cup	1/2 cup	1 cup

1. Scald milk; add a paste of the cornstarch, cocoa, salt, and some cold milk.
2. Cook in the top part of a double boiler for 20 minutes. Stir occasionally.
3. Whip in the egg and sugar; cook until egg thickens.

*LEMON CUSTARD WHIP

Ingredients	12 servings	25 servings	50 servings
<u>Custard:</u>			
Gelatin	1-1/2 tablespoons	3 tablespoons	1/4 cup and 2 tablespoons
Water, cold	1/4 cup and 2 tablespoons	3/4 cup	1-1/2 cups
Milk	3 cups	1-1/2 quarts	3 quarts
Eggs	3	6	12
Sugar	1 cup	2 cups	1 quart
Salt	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Lemon juice	1/4 cup	1/2 cup	1 cup
Lemon rind, grated	1 tablespoon	2 tablespoons	1/4 cup
<u>Whipped Evaporated Milk:</u>			
Evaporated milk, chilled	1 cup	2 cups	1 quart
Lemon juice	2 tablespoons	1/4 cup	1/2 cup

Serving: 2/3 cup

1. Soak gelatin in cold water.
2. Scald the milk over boiling Water to keep it from scorching.
3. Beat eggs just enough to blend the whites and yolks.
4. Combine the sugar, salt and eggs.
5. Add scalded milk slowly to the egg mixture.
6. Wash the lemons. Grate the rinds. Squeeze the lemons to extract the juice and save the amount of juice needed to whip the evaporated milk.
7. Add the dissolved gelatin, lemon juice and the rind.
8. Chill the custard overnight. Chill the evaporated milk overnight.
9. Beat the thoroughly chilled milk with a rotary beater until quite stiff.
10. Add the lemon juice, a small amount at a time. Beat after each addition.
11. Fold the custard into the whipped evaporated milk.
12. Serve cold.